or assessment

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Physical evaluatn of Shoulder dislocatn

Ans Subjective

- ~~Name~~ Name
- Age
- Sex
- occupatn
- Address
- OPD No / IPD No. (OPD => Out patient No., IPD = In patient No.) (optional)
- DOE (Date of examinatn) :-
- Dominant Sid :- Right / Left side shoulder
- Chief Complaint :- Pain in R/L Shoulder.
  - Unable to move shoulder

Objective :-

- Date of onset of injury :- XYZ.
- Mechanism of injury :- Bending / twisting injury During road side accident
- Mode of onset :- All time or Sudden
- Duratn of conditn :- acute / subacute / chronic
  - chronic - present for longer than 4 weeks

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- History of present illness :- ~~Road~~ Road side accident
- Past medical History :- No
- ADL activities :- unable to do
  Need help
- Personal history :- No
- Social & family history :- No

On observation

- Attitude of limb :- Affected limb is slightly abducted & extended
- Deformity :- Loss of normal rounded appearance of the shoulder
- Posture :- sitting / standing / lying
  - lying
- Swelling = +nt
- Pain

Type of Pain :- Deep pain (Grade III)

Mode of onset of pain :- All time or during movement

Nature :- Stabbing pain, ~~Throb~~ Throbbing pain, Chronic pain.

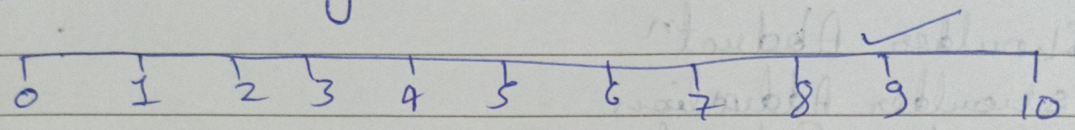
~~Intensity of pain~~ :-
~~Cause~~ :- Severe pain (Grade IV)
Rapid / fast pain

Aggravating / relieving factors :-

Aggravating - During movement

Relieving factor :- During rest

Visual analogue Scale (VAS)



= ⊛ = Patient rating = 9

On palpation :-

Temperature :- ↑↑warm

Tenderness = +nt

oedema = pitting

Inflammatory Sign :- absent

Muscle wasting :- -at

Contracture :- -nt

* On examinatn

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Measurement :-

Range of motion

Should Joint

	Right	Left
Shoulder Flexion		
Shoulder Extension		
Shoulder Abductn		
shoulder Addiction		
Shoulder External Rotatn		
Shoulder Internal Rotatn		

Muscle girth :- Right Left

Limb length => Right Left

- Special test for shoulder dislocatn

- Compression rotatn test = +ive
ant/post Apprehension test => +ive (If post. dislocatn posterior Stress test)
- Lift off test = +ive
- Empty can test = +ive

MMT = Grade = I

Investigatn

=> X-ray = AP view :- for ~~posterior~~ anterior dislocatn humeral head is push down

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- CT & MRI => Seen ligamentous / tendinous injuries
~~No~~ fractures ~~not~~ absent

Physiotherapy Management

=> Phase 1 (upto 6 weeks)

- Immobilizatn
- AROM of elbow, wrist
- Isometrics

=> Phase 2 (6-12 weeks

- AROM with full range
- Stretching Self stretching

=> Phase-3 (12-24 weeks)

: Strengthening exercise pain-freee
: proprioceptive training

=> Electrical modalities used if there is no any implantatn

=> Mobilizatn

=> Home advises

Do's Don't ~~Don't~~ Don't's

@ = Reminder
=> Follow ups

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